

# **DELHI NETWORK**

JANUARY 2000



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# Delhi Network

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<b>Programs</b>	Jackie van Ommen	680-2136
<b>Social</b>	Asha Nanavati	623-8162

Dear Delhi Network Members,

*Happy New Year to you all. I don't know about you, but I feel that the ditty on page 21 is just so apt, that when I saw it on the Net, I knew that I could have written that personally!*

*Welcome back to the holiday folks and hope you settle back quickly and that you all warm up soon. It's hard to believe that 45 degrees is just around the corner! But seriously though, the nicest time of year is just about to appear – a profusion of flowers which will be wonderful.*

*Thanks always to Erika for her piece on Indian birds and to Buzz for one of his insightful pieces. We draw your attention to the piece on page 13 concerning the last drive on polio in Delhi – please read this article and if you can help in any way, please call the person listed. Well worth the effort.*

*Other than that, we have lots of cultural pieces for you to read, as well as a brain teaser and a chuckle here and there.*

*We would really like some pieces written by you members. There must be a few people out there who have had wonderful, adventurous, exciting or even laughable holidays, and could put something on paper to share with your fellow members. All contributions gratefully accepted – please drop them off at the office or email to either address below.*

*The newsletter editors can be reached by phone or by email:*

*Vicki: vfennessy@hotmail.com*

*Heather: heatherodarcy@hotmail.com  
(phone 467-9864)*

*VF/The Editors/January 2000*



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Delhi Network meetings are held on the third Tuesday of every month at 10 a.m. at the Hyatt Regency Hotel. Entrance to a meeting is Rs 150 for members and Rs 200 for non-members. Annual membership is Rs 300. You can become a member at any monthly meeting or at the Delhi Network office. If you miss a meeting, you can get a newsletter from the Delhi Network Office at the Hyatt for Rs 50.

Delhi Network Handbooks are available for purchase at all meetings or at the office: cost Rs 300 for members and Rs 400 for non-members.

The Delhi Network office is located in the Hyatt's Shopping Arcade. The Office Manager is Sandra Buhler. Office hours are 10 am to 2 pm, Monday to Friday. Stop in for free advice, a newsletter or a Delhi Network Handbook if you missed the last meeting, or to drop off your newsletter contributions. We are seeking volunteers to work in the office. If you're interested (and it is a good way to meet new people), contact Sandra.

Delhi Network is a non-profit organisation whose main purpose is to support the expatriates living and working in New Delhi. Everyone on the Board and the committees volunteer their time.

Delhi Network does not necessarily endorse or recommend the businesses advertised in this newsletter.



# From Your President

Happy New Year!!!

I hope all of you had a wonderful holiday season whether in your home country or here in your adopted country! We thank you for all your prayers and well wishes that carried our family through the last two months. I've been gone so long that I feel scattered! I've spent the last eight weeks out of the country functioning as a caregiver. I left for Los Angeles in mid- November because of my Mother's health and no sooner was she out of danger than Jim's Mother became seriously ill and I flew to Oregon for 3 weeks to take care of her! When I returned to Los Angeles on Christmas Day everyone there had the flu! It's great to be back to the relative peace and calm.

It is with sadness that I inform you that I am resigning as President of Delhi Network. Personal concerns need my attention. In the next week or so, I will be flying back to Oregon to help with Jim's mother. At the present, she is in the hospital but it doesn't appear that she will be able to take care of herself. We are hoping that she will get physically stronger and join us here but we just don't know.

Working with Delhi Network has been a challenge and a unique opportunity for me to grow and develop new skills. The people I have met and the new friends I have made will always be treasured. I know that some of the goals that I outlined at the beginning of my term have been successful; some have not come to fruition yet. I'm particularly proud of the board and how hard they have worked and the many hats they have worn to accomplish good things for Delhi Network. The board has led the effort to bring programs of special interest to each monthly meeting. Our monthly newsletter has grown to magazine size with professional content and appearance. In addition to our weekly coffee mornings our board has offered more activities outside the monthly meeting than ever before to involve our members in the community. I am also proud of the total revamping of the bylaws. The Bylaw committee is to be congratulated. They have put in long hours to address the many problems we experienced with the old bylaws. They have even taken the time and trouble to have the bylaws reviewed by a professional to assure that nothing was amiss. The amended bylaws will be sent to you by courier for passage at our February meeting.

You are a special group of people offering a very unique experience to the expat community. I wish you all the best!

Leigh Ann



Neighbourhood Co-ordinators			Support Groups by Nationality
Your co-ordinator is here to help you settle into your new home. Give her a call and introduce yourself and find out who else lives in your area and when the next meeting is going to be held.			<b>American Women's Association (AWA):</b> American passport holders or their spouses can join. Call the AWA office at 419-8000 ext. 4131 or 8509 between 9 am and 4.30 pm Mon-Fri. Talk to Bridget or an AWA officer.
AREAS	CO-ORDINATOR	PHONE	<b>Australia and New Zealand Association:</b> Call Rose McCarthy 687-3813
Vasant Vihar/ Vasant Kunj	Vacant		<b>British Expats Group:</b> Contact Sylvia Johnson on 460-3851.
West End/Shanti Niketan/ Anand Niketan/Aradhana Enclave/Safdarjung Enclave	Terri Levan	467-1819	<b>Nederlandse Vereniging New Delhi:</b> Organiseert diverse evenementen en een maandelijks borrel. Als je lid wilt worden, of gewoon informatie wilt, bel Nanette Hulshof op 460-1660 of Gerco de Jong op 688-4951(off)/614-9704 (res).
Chanakyapuri Barakamba Road	Vacant		<b>NLRA (Nordic Association)</b> Contact names: Helena Sagar (Sweden) 614-9611 Anne Laipil (Finland) 614-4602 Kirsten Callinggaard (Denmark) 689-2401 Nina Husemoen (Norway) 621-8999 A forum where the Nordic community meets, socialises, and exchanges experiences in an informal atmosphere.
Greater Kailash I & II Neeti Bagh/Gulmohar Park Defence Colony/Udai Park Anand Lok	Vacant		
Jorbagh/Golf Links/Sunder Nagar Prithviraj Road/Aurangzeb Rd.	Vacant		
Panshcheel Park/ Haus Khas/ Green Park/Padmini Enclave/ Shivalik Navjivan Vihar/ Qutab Enclave/Mayfair Gardens/ Sarva Priya Vihar	Goretti Robertson	623-7809	
New Friends Colony/ Friends Colony East/ Friends Colony West Maharani Bagh	Josephine Feasey	693-4128	
Sainik Farms	Martine Walsh	696-0829	
Chattarpur/Jonapur/Gadaipur	Monica Modak	680-9365	
Bijwasan/Rajokri/Surpriya Vihar Gurgaon	Vacant		
For more information, please contact Leigh Ann Atwood on 614-0312.			



#### DELHI NETWORK DIRECTORY AMENDMENT

1. Due to a typographic error (performed by myself!), please amend the cell phone number shown under my name to read 98101 22135. Also, now that I have moved house and have received land lines, please add the following : 506 6664/6665.  
Vicki Fennessy.
2. Please add : Esther Premkumar, A-10 Anand Niketan, New Delhi 110021, Phone 688-7397, cell 98100 80755, email address esther@satyam.net.in
3. The email address for Asha Nanavati should read asharava@hotmail.com.

If anyone finds an error has been made with any of the details in the new Directory or any of your details change, please advise our Membership Chairperson, Sue Lohage or leave a message for her at our office.



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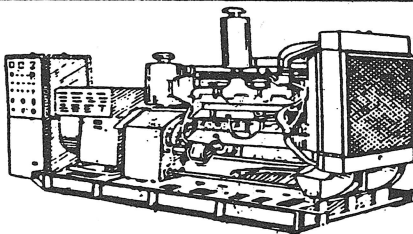
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# Dates for Your Diary

**Tuesday, January 18**

***Delhi Network Gathering***

10 am

Hyatt Regency Ballroom



**Tuesday,**

***AWA's Glimpses of India Lecture Series***

7.30 pm Drinks and Dessert

8.00 pm Programme (45 mins)

At the Pernel's house – 17A Prithvi Raj Marg

(please park around the corner on Amrita Shergill Marg). Everyone is welcome.

**Saturday, January 22 (on until the 31st)**

***Art – The Millennium Masks – an Exhibition of Masks by various artists.***

Dhoomimal Art Centre, 8-A Connaught Place, phone 332 4492

**Monday, January 24**

***Talk – Regional Security in the Middle East***

By Dr. Ariel Levite, Deputy National Security Advisor, Govt. of Israel

Habitat World, 6.30 pm

**Wednesday, January 26**

***Republic Day – India***

**Tuesday, February 15**

***Delhi Network Meeting***

10 am

Hyatt Regency Ballroom



N.B.\*\* For showings at Habitat World, call 4691920 and ask for Program Desk extension 3095 to confirm schedule and timings, or check the daily newspaper. All tickets, reservation slips can be collected from Programme desk, Convention Centre Lobby.

**Wednesday, January 26**

***Republic Day Parade***

Delhi's most spectacular pageant/military parade. Tickets are available at the Government of India Tourist Office at 88 Janpath (phone 332-0342) or at ITDC counters of leading hotels (see under Beating the Retreat).

Tickets are on sale for Rs.200 and Rs.100 for reserved seats and Rs.50 and Rs.10 for unreserved seats.

**Friday January 28**

***Beating the Retreat***

5.00-7.00 pm A picturesque sunset parade of massed bands of the armed forces with camels silhouetted against the Rashtrapati Bhavan at dusk. Beating the Retreat tickets are on sale now. Will be Rs.20 and Rs.5 for unreserved seats. There are several locations for ticket sales, some being the ITDC travel counters at Ashok, Lodhi and Janpath hotels. DTDC counter at Dilli Haat or call Delhi Tourism on 331-4229 for more details.

WEDNESDAY, JANUARY 26 IS THE 50TH ANNIVERSARY OF THE REPUBLIC DAY OF INDIA. INDIA DECLARED ITSELF TO BE A SOVEREIGN SOCIALISTIC DEMOCRATIC REPUBLIC ON THIS DAY IN THE YEAR OF 1950.

ON THIS HAPPY OCCASION, DELHI NETWORK WISHES ALL ITS MEMBERS AND INDIANS ALL OVER THE WORLD A HAPPY REPUBLIC DAY.

## **Safety and Comfort at the Republic Day Parade**

This is an early morning event and it can get chilly – take a wrap. Also, leave all of your belongings behind as any and all hand-carried items will be taken away and retrieving them afterwards can be difficult. Parking is usually well organised by get there early to avoid the crowd. Getting out after the parade can be more difficult than getting in so leave a few minutes before everyone else does! OR... if you're not in the mood for crowds, stay home and watch the parade on Doordashan TV!



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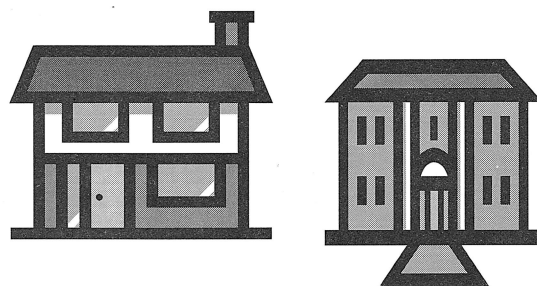
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### JOKE TIME

For all those who tend to be humiliated at the OB-GYN office... In Melbourne, FL one of the radio stations paid money (\$100-500) for people to tell their most embarrassing stories. This one netted the winner \$300.

She said: I was due later that week for an appointment with the gynaecologist when early one morning I received a call from his office. I had been rescheduled for early that morning at 9:30 am. I had just packed every one of to school and it was 8:45 already.

The trip to his office usually took about 35 minutes so I didn't have any time to spare. As most women do, I'm sure, I like to take a little extra effort over hygiene when making such visits, but this time I wasn't going to be able to make the full effort.

So I rushed upstairs, threw off my dressing gown, wet the washcloth and gave myself a wash in "that area" in front of the sink, taking extra care to make sure I was presentable. I threw the washcloth in the clothes basket, donned some clothes, hopped in the car, and raced to my appointment.

I was in the waiting room only a few minutes when he called me in. Knowing the procedure as I'm sure you all do, I hopped up on the table, looked over at the other side of the room and pretended I was in Hawaii or some other place a million miles away from here.

I was a little surprised when he said, "My...we have taken a little extra effort this morning, haven't we?" But I didn't respond. The appointment was over. I heaved a sigh of relief and went home. The rest of the day went normally -- some shopping, cleaning, an evening meal, etc.

At 8:30 that evening, my 14-year-old daughter was fixing to go to a school dance when she called down from the bathroom, "MOM, where is my washcloth?" I called back for her to get another from the cabinet.

She yelled back: "No! I need the one that was here by the sink. It had all my glitter and sparkles in it."



# India's Wonderful Birds

By Erika Wilson

Winter is the most pleasant time to travel in India, as evidenced by the number of tourists we see on Delhi's streets these days. There is a world class birding destination within a day's drive of Delhi, the delightful Keoladeo Ghana National Park at Bharatpur, Rajasthan. I spent three days there late last month, my fifth visit to this wonderful, accessible park, and I came away with a long list of 127 species. In the 1890s the Maharaja of Bharatpur wanted to create a duck hunting reserve where he could entertain high ranking British officials and Indian royalty. The result was 29 sq km of impoundment in a low-lying area at the edge of the desert, a wetland oasis for birds and other wildlife. A decade after independence, this area became part of the Rajasthan Forests Department, and in 1981 it was declared a national park. During my recent visit I saw, in addition to all the birds, jackals, wild boar, mongoose, nilgai, chital, sambar, and squirrels. There were also monitor lizards, pythons, spiders large and small, and butterflies.

Cycle rickshaws are the best way to see the park; the drivers are quite knowledgeable about the birds and wildlife, and the pace is relaxed. Renting a bicycle is another option, especially if you are energetic and want to explore the far reaches of the park. In either case, you will stop often because there are birds everywhere—in the sky, in the trees, in the water, in the grasses. Hundreds of birds frequent the waters on either side of the narrow road up the middle of the park. They come from many different families; there are often two or more species from the same family side by side. Fish-eating cormorants, for example, are represented by **Little Cormorant** (*Phalacrocorax niger*), **Indian Cormorant** (*Phalacrocorax fuscicollis*), and **Great Cormorant** (*Phalacrocorax carbo*), all of them dressed in basic black, but differing in size and the presence or absence of white decorative patches on the head. One of the park's most colourful and noticeable birds is the large **Purple Swamphen** (*Porphyrio porphyrio*). The size of a plump rooster, it has a huge red beak, red legs and feet, and a purple body, the purple shifting from pale bluish purple to dark purple to greenish purple. I counted over fifty of these exotic tropical birds each day as they searched the flooded grasslands for tender shoots and tubers.

There are an amazing variety of long-legged waders at Keoladeo Ghana National Park, including herons, egrets, bitterns, ibises, spoonbills, storks, and cranes. The most famous of these, by virtue of their rarity, are the **Siberian Cranes** (*Grus leucogeranus*), tall, stately white birds with red faces and red legs. The wintering population, which migrates to India from Russia, has slowly dwindled over the past few decades, and now numbers two adults (who have not brought any immature birds with them for the past two years). There are also **Sarus Cranes** (*Grus antigone*) that live year round in India, which are taller and a lovely pale grey, with red heads.

Equally impressive are the storks, each with a highly descriptive name. **Painted Storks** (*Mycteria leucocephala*) are fuschia pink, black, and white, while **Openbill Storks** (*Anastomus oscitans*) have a big gap between the upper and lower beak, even when their bills are closed. **Woolly-necked Storks** (*Ciconia episcopus*) wear fluffy white feather boas between their black bodies and black heads. **Black-necked Storks** (*Ephippiorhynchus asiaticus*) are black and white, with an iridescent black head and neck, and bubble gum pink legs. **Lesser Adjutant Storks** (*Leptoptilos javanicus*) are military in their bearing, but rather unattractive with bald, featherless heads and necks.

During the winter months there are thousands of geese and ducks. The most common are **Greylag Geese** (*Anser anser*) and **Bar-headed Geese** (*Anser indicus*); the latter have been seen migrating over the Himalayas, rather than through the passes, as ducks do. On my recent visit I identified a dozen different ducks, ranging in size from the tiny **Cotton Pygmy-goose** (*Nettapus coromandelianus*) to the goose-sized **Comb Duck** (*Sarkidiornis melanotos*). When you get tired of the big water birds your rickshaw wallah will be happy to point out **Spotted Owlets** (*Athene brama*) roosting in the acacia trees along the road. These charming, somewhat comic-looking owls are small but not particularly shy. They will stare right back at you for as long as you like. More aloof and majestic are the many species of eagles which hunt ducks and fish at Keoladeo Ghana National Park. Most of them are dark brown **Greater Spotted Eagles** (*Aquila clanga*), but I also saw **Short-toed Eagle** (*Circaetus gallicus*), **Lesser Spotted Eagle** (*Aquila pomarina*), **Steppe Eagle** (*Aquila nipalensis*) and **Imperial Eagle** (*Aquila heliaca*) during my recent visit.

There are several travel options for visiting Bharatpur. It takes four hours to drive directly there in a private vehicle, 4 ½ hours by a commercial tourist vehicle (required stops to pay state taxes at each border). Travelling to Bharatpur by train offers two options: a) 1<sup>st</sup> class A/C coach (Shatabdhi Express) to Agra, and then by tourist taxi to Bharatpur for 1 ½ hours, or b) 2<sup>nd</sup> class A/C soft seat coach to Bharatpur, and then by local taxi to the park. Accommodations in Bharatpur range from the pleasant Lakshmi Villas Palace (a heritage haveli hotel) to the modest, but clean Sunbird Hotel; inside the park is a small Forest Lodge (run by the Ashok Hotel chain) for which reservations required. Park fees for foreigners are Rs 200 per person and Rs 200 for a video camera. Its worthwhile to pay an extra Rs 200, which will allow your taxi/coach to drive you up to the second gate inside the park. No motorised vehicles are allowed past the second gate, other than park staff jeeps. Rickshaws and bikes can be hired at either gate.



## Notice board

PLEASE FEEL FREE TO CONTRIBUTE ANYTHING TO THE NOTICE-BOARD FOR NEXT MONTH'S ISSUE BY FEB.. 03RD CALLING HEATHER D'ARCY ON 467-9864 OR LEAVE AT THE DELHI NETWORK OFFICE AT THE HYATT.

H&M Hennes & Mauritz, a Swedish retailer of garments with over 600 own stores in Europe, requires someone to work with our Code of Conduct in north India.

The job entails supplier evaluation and follow-up of issues such as workers rights, working conditions, safety in factories and under-aged labour. It also implies ensuring that our suppliers comply with the Code of conduct which they have signed.

The applicant should have good judgement and common sense, be flexible and able to work independently, have good knowledge of English and be able to communicate with suppliers verbally and also to prepare written reports.

Please call our Delhi Office, Hannele Strang or Joakim Hammar for further details.  
Phone 619-6552, 619-4771

### DELHI NETWORK DIRECTORY

If you haven't already done so, please ensure you pick up your copy of the new Directory at today's meeting or from the Delhi Network office

### *According to Esther Premkumar :*

*"KRAFTS at the Hyatt is the place to go for fair prices. I was able to compare their products with other stores within the Hotel's arcade, and for the same items, KRAFTS prices were up to 50% less"*

### **BAR FOR SALE**

Almost new, semi-circular bar, made of lacquered wood with a black granite top is for sale. Would be excellent for basement den or large living room.  
Call 649-5251 or 649-6267.

### **Seven Cities of Delhi**

This study group has been running for several years. Every autumn and spring a new group gets together to study Delhi, its monuments and history. The city is divided into different areas, two or three people study each area and then take the rest of the group on a guided tour. It is a very good way of getting to know Delhi better and also to make friends.

The next 'Seven Cities' Study Group begins this month and will meet every Wednesday morning for eleven weeks. At the moment we are very short of members. If you are interested in joining please get in touch with Lucy Peck on 693 1061 (phone), 693 1189 (fax) or e-mail dlpeck@bol.net.in. OR Helen Meagher on 460 1201. It won't matter if you miss the first one or two meetings.

### **GREAT , NEW, ITALIAN RESTAURANT IN TOWN!!!**

I've now been a couple of times to Italliani's, based at the Radisson Hotel and it is delicious with very authentic Italian food from an American chain.

The dining areas are on several levels and it is very attractive and comfortable, with a two piece band playing every night.

I thoroughly recommend it, but suggest you have your drinkies at home first! The bar prices are steep as is typical at hotels (they serve French, Italian and Australian wines only).  
Vicki Fennessy



**ASIAN ELEPHANT  
(INDIAN  
ELEPHANT)**

*Elephas maximus*

**MAMMAL**

**Order Proboscidea**

***Description***

Smaller of the two species of elephant. 18-21 ft long, 7-8 ft high at shoulder, weight up to 12,000 lbs; males larger. Colour grey, but varies with soil colour since elephants wallow and throw dirt on themselves. Skin sparsely covered with coarse hair. Head with two dome-shaped bulges, back rises in the middle, small ears, trunk with one "finger". Tusks do not develop beyond the lips in females. Five front toes, four hind toes.

***Range***

India, Sri-Lanka, Indochina, Malaysia, Indonesia and southern China.

***Status***

This species is listed as endangered and trade of this species is prohibited by international law. Population decline is due to habitat destruction and poaching for ivory. Lincoln Park Zoo is a member of the Asian elephant Species Survival Plan group.

# Species Data Sheet

LINCOLN PARK ZOO

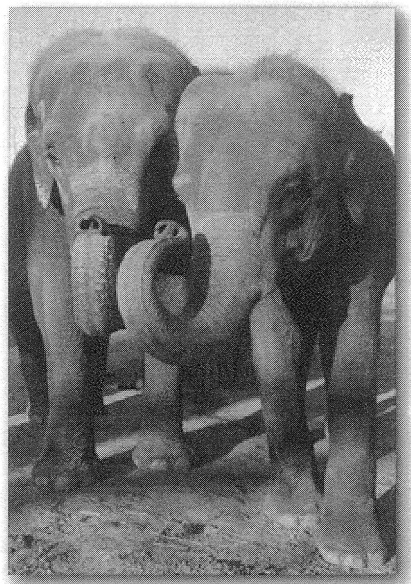
***Ecology***

**Habitat**

thick forest and grassy plains.

**Niche**

herbivorous: eats mainly grasses and leaves; woody parts of trees and shrubs, flowers, fruits and roots are also eaten. Principal food is bamboo. Adults need about 330 lbs of food and about 22 gal water each day, and will travel long distances to feed every day. Young preyed upon by lions, hyenas or tigers. Herds follow the same paths over several generations resulting in wide cuts through the bush. Bull and cow herds live apart; matriarch herds have a complex social behaviour.



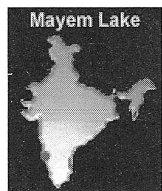
***Life History***

Reproductive cycle corresponds to seasonal food and water supply. Bulls enter an aggressive condition called "musth" during rutting season. Gestation 22 months. Birth wt. about 220 lbs. Infant suckles with mouth 3-4 years. Maturity at 10+ yrs. Life span in the wild 15-30 yrs, in captivity 60-80 yrs. Asian elephants have been kept in captivity for over 5000 yrs, used as beasts of burden and as ceremonial animals.

***Special Adaptations***

- \* Upper lip and nose elongated and muscularised to form a trunk which is used for feeding, pulling up vegetation, throwing dust, squirting water, as a snorkel, for vocalisations, and as an organ of touch, smell and communication.
- \* Prehensile "finger" at end of trunk can pick up very small objects.
- \* Tusks can be used to force bark off trees, dig for roots, or as weapons.
- \* Large surface area of foot spreads great weight of animal over a wide area; thick padded soles absorb shock and cushion legs.





## MAYEM LAKE IN GOA

Beyond Goa's beaches.

Take a trip to its Mayem Lake and you will not only enjoy your stay there, but you will also see a lot of the real village - Goa on way up.

### FASTFACTS

#### Access

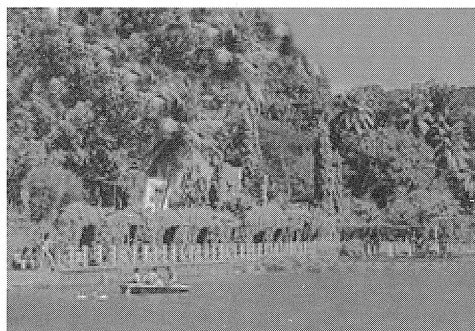
Nearest airport is the Dabolim airport - 64 km. Railhead at Vasco - da - Gama - 65 km. Taxis available from airport and station.

#### Accommodation

Accommodation is available at the resort run by the state tourism department.

Sight, sound and flavour...

Goa revolves around its villages. In fact, Goans generally identify themselves with the village from which their ancestors came. The villages of Goa have a few things in common: they will have at least one church with a square in front of it where those who can still find the time to do so, meet and exchange news and views when sunset settles on the land. In the morning, however, particularly on a Sunday morning, the older men and women get into dark suits and dresses, the younger women carry scarves to cover their heads, and they go to church. Everyone is welcome into a Goan church, provided you are suitably dressed, and even if you are not religious you will enjoy the singing: Goans have beautiful voices and they use them in praise of the Lord.



You will also notice that most of the old Goan houses have built-in seats in the porch. They are cool, pragmatic and very neighbourly and allow most people to know what's happening in the village.

Many villages have a market where fisher folk and other itinerant traders peddle their wares. Markets are also social occasions where you might meet people from the other side of the village who might go to another church and not pass your cottage in the normal course.

Clearly, like villages all over the world, shared information, advice and confidences make for a tight-knit, mutually-supportive, community which urban living can never offer.

But, even so, one does want to escape from the neighbours occasionally. Goans then go to places like Mayem Lake: a calm spread of water with geese and pedal boats, cottages hidden in the wooded slopes. And no village square, church, market or neighbours sitting on benches in their porch smiling inquisitively.

If you've decided to go Goan, go to Mayem, too.

# INDIAN HISTORY

## The Vedic & Epics Periods 1500-500 BC

**The Red Dot on Foreheads:** Have you ever wondered why Indian women place a red dot on their foreheads, between their eyes? This goes back to Aryan days! In ancient times, a groom used to apply a spot of his blood on his bride's forehead, in recognition of wedlock! Today, married Indian women may choose to wear this mark. A married woman does not have to do this, but she can if she wants. However, if a woman is single, divorced or a widow, she can not wear this mark. It's a sign of marriage!

Things changed in the Indus Valley when a new group arrived, called the Aryans. The Aryans came from Central Asia (modern day Russia). They entered the Indus Valley through the fabled Khyber Pass. The Aryans were nomads. They raised livestock, rode chariots, and loved to gamble. They had no sophisticated government. They grouped in clans, and were ruled by warrior chiefs called rajas. Their history is one of constant war amongst themselves, between the various clans. We have little archaeological evidence, but have something else we can use to learn about them. The Aryans created marvellous stories, stories they told or sang for centuries.

**The VEDAS:** The Aryan beliefs and daily life are described in the four Vedas, a collection of poems and sacred hymns, composed in about 1500 BC. Veda means knowledge. The Vedas are composed of the Rig, Sama, Yajur, and Atharva Vedas. This is why the period from roughly 1500 BC to 1000 BC is called the Vedic Period. It is named after the Vedas.

### The Ramayana & the Mahabharata:

Around 1000 BC, the Aryans started to create two marvellous epics. We know about daily life during this period from these famous epics, the Ramayana and the Mahabharata. These epics are stories about Aryans life, wars, and accomplishments. School kids in India, today, know these stories very well. They're great stories! The Ramayana tells a story in which the (good) Aryan king Rama destroys the (evil) pre-Aryan king Ravana. The other epic, Mahabharata, talks of Aryan wars amongst themselves, where two clans, the Pandavas and the Kauravas, battle it out, and the Pandavas emerge victorious. This is why the period from roughly 1000 BC to 500 BC is called the Epics Period. It is named after these two great epics, the Ramayana and the Mahabharata.

**How did the Aryans live?** The Aryans clans, or tribes, settled in different regions of north-western India. The tribes were called Gana (literally a "collection" – of people). The chief of each tribe was an hereditary job. If your father was the chief, someday, you would be chief. It was the only way to become a chief. The chief made decisions, after listening to a committee, or perhaps even to the entire tribe. People had a voice, but the chief was the boss.

**Aryan Houses:** The people in the Vedic period lived in straw and wooden huts. Some homes were made of wood, but not until later, during the Epics Period.

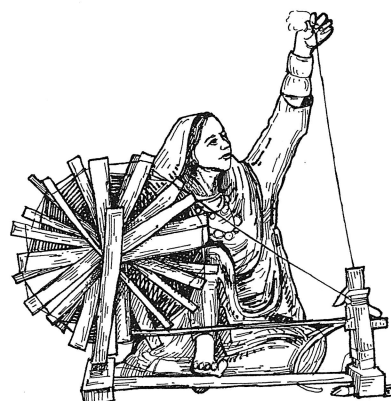
**Yagna (central fire-place):** The life of the tribal Aryans was focused around the central fireplace called the Yagna. Dinnertime was social time. The tribe would gather around the central fireplace, and share news, and the day's happenings. Those who tended the central fireplace also cooked for the rest of the tribe. This was a very special job. The fire tenders were the go-between between the fire god and the people. These fire tenders, later on, formed the caste of priests. The Aryans ate meat, vegetables, fruit, bread, milk, and fish. The word for guest was Go-Ghna or eater of beef.

What did they do when they were not working or fighting each other? The Aryans loved to gamble. They introduced the horse to ancient India and raced chariots. They played fighting games. They loved to tell stories. The ancient Aryans were proud and fierce, and deeply religious. They had many gods and goddesses.

**Jobs:** As the Aryans settled in and began to grow crops, people started to have occupations. In each tribe, people began to belong to one of four groups: the Brahmana (priests), Kshatriya (warriors), Vaishya (traders and agriculturists), and Shudra (workers). In the beginning, these were just occupations. You could move from group to group. This changed over time, until a person's occupation or group depended upon birth. If your father was a farmer, you had to be farmer. Change from one group to another became very difficult.

**Education** Kids were taught by a guru (a teacher). Even chief's sons had to obey the guru. All students followed a rigorous course of studies, which were imparted orally. Writing was done on bark and leaves, and hence was perishable, so we have very few rock edicts to tell us what they studied or what they wrote.

Clothing was initially made of animal skins. As the Aryans settled down, clothing began to be made of cotton.





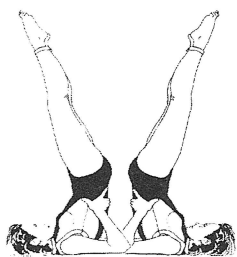
## BRAIN TEASERS

=====

In case you're feeling smart... The answers are on page 14 .

1. There is one word in the English language that is always pronounced incorrectly. What is it?
2. A man gave one son 10 cents and another son was given 15 cents. What time is it?
3. A boat has a ladder that has six rungs, each rung is one foot apart. The bottom rung is one foot from the water. The tide rises at 12 inches every 15 minutes. High tide peaks in one hour. When the tide is at it's highest, how many rungs are under water?
4. There is a house with four walls Each wall faces south. There is a window in each wall. A bear walks by one of the windows. What colour is the bear?
5. Is half of two plus two equal to two or three?
6. There is a room. The shutters are blowing in. There is broken glass on the floor. There is water on the floor. You find Sloppy dead on the floor. How did sloppy die?
7. How much dirt would be in a hole 6 feet deep and 6 feet wide that has been dug with a square edged shovel?
8. If I were in Hawaii and dropped a bowling ball in a bucket of water which is 45 degrees F, and dropped another ball of the same weight, mass, and size in a bucket at 30 degrees F, then at the same time, which ball would hit the bottom of the bucket first? Same question, but the location is in Canada?
9. What is the significance of the following: The year is 1978, thirty-four minutes past noon on May 6th.
10. What can go up a chimney down, but can't go down a chimney up?
11. If a farmer has 5 haystacks in one field and 4 haystacks in the other field, how many haystacks would he have if he combined them all in the centre field?
12. What is it that goes up and goes down but does not move?

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## HELPING DELHI IN THE FIGHT AGAINST POLIO

Polio is a disease that most citizens from industrialised countries remember only as a childhood fear, it having been eradicated from most of the developed world for decades. However, last year, India accounted for 75% of the world's polio cases, making it the largest global polio reservoir. Since the World Health Assembly in 1988 announced polio eradication as its goal for the end of 2000, WHO, UNICEF, Rotary International, USAID and national governments have poured enormous amounts of effort into harnessing polio. When eradication has been achieved, it will be the second time humankind has been able to completely eliminate a disease, after the last smallpox case was detected in Somalia in 1977.

Tremendous progress has been achieved towards the goal of polio eradication in India since the implementation of the first National Immunisation Days (NIDs) in 1995 and the establishment of a highly sensitive surveillance system the investigates all cases of paralysis. This improved surveillance system has documented a 58% decrease in wild virus cases from 1998 to 1999 alone, and allows for a much clearer understanding of the remaining reservoirs of virus transmission in India.

However, to ensure that remaining virus transmission is completely interrupted by the end of 2000, the government of India has adopted an intensified approach. This includes house-to-house immunisation, to be carried out from Oct. 99-Jan/Mar 2000, and tentatively again from Oct. 2000-Jan/Mar 2001.

**SATURDAY, JANUARY 23RD** is the fourth and final round in Delhi, representing the final assault against polio. Delhi, being an urban area, is a particularly high-risk area due to high population densities that compromise sanitation. As polio is transmitted chiefly by the fecal-oral route, and can spread quickly, it is essential to halt transmission in such areas. Volunteers are needed to prevent pockets of children slipping through the cracks of target vaccination coverage.

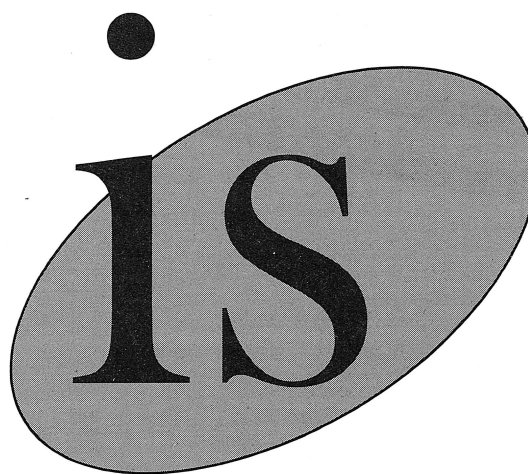
This is an ideal opportunity to provide a social service to the community. Many members of the international community have joined us in the past by giving up their Sundays on Intensive Pulse Polio Immunisation (IPPI) days and have felt the experience was well worth getting up early! Volunteers will be placed at posts in East Delhi with other volunteers who will serve as vaccinators, talliers, finger markers and community mobilisers. Volunteering during the IPPIs is a tremendously satisfying experience that allows the volunteer to not only help save lives, but also to be part of history. Hope to see you on the 23rd!

*If you are interested in volunteering, please contact Rekha Vir with Project Aid, at 618-8058*

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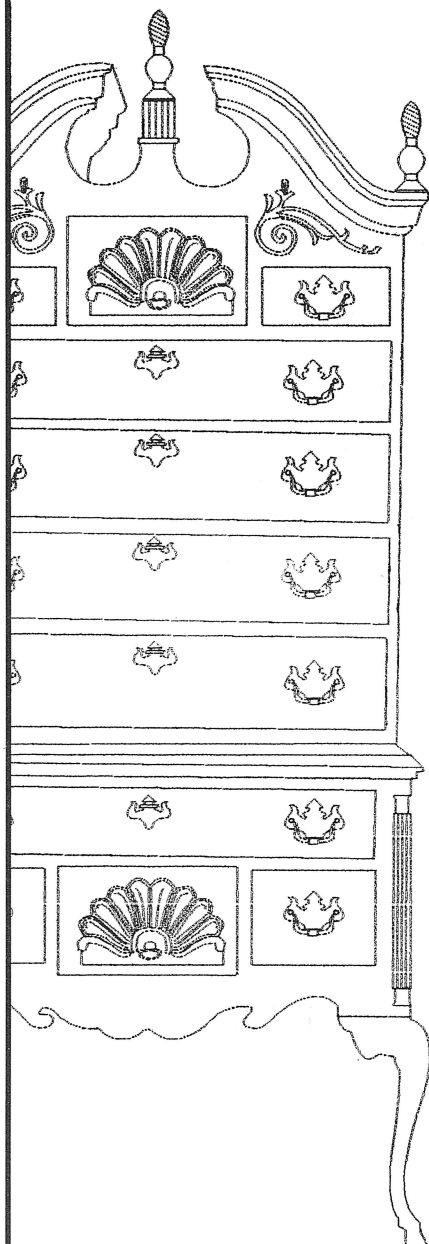
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For Windows 95/98/NT:

To get to the top of a folder window quickly, press CTRL+HOME. To get to the bottom, press CTRL+END.

## JACKIES QUIZ

The axe in the ice

An axe is frozen into a block of ice. The ice is floating in a tub of water. The water exactly reaches the brim of the tub. Once the ice has melted, will the water

- (a) have gone over the brim?
- (b) remain exactly at the brim?
- (c) be lower than the brim?

See page 21 for detailed answer.

## Answers To Brain Teasers from page 12

- =====
1. Incorrectly.
  2. 1:45. The man gave away a total of 25 cents. He divided it between two people. Therefore, he gave a quarter to two.
  3. None, the boat rises with the tide. Duh.
  4. White. If all the walls face south, the house is at the north pole, and the bear, therefore, is a polar bear.
  5. Three. Well, it seems that it could almost be either, but if you follow the mathematical orders of operation, division is performed before addition. So... half of two is one. Then add two, and the answer is three.
  6. Sloppy is a goldfish. The wind blew the shutters in, which knocked his goldfish-bowl off the table, and it broke, killing him.
  7. None. No matter how big a hole is, it's still a hole: the absence of dirt. (And those of you who said 36 cubic feet are wrong for another reason, too. You would have needed the length measurement too. So you don't even know how much air is in the hole.)
  8. Both questions, same answer: the ball in the bucket of 45 degree F water hits the bottom of the bucket last. Did you think that the water in the 30 degree F bucket is frozen? Think again. The question said nothing about that bucket having anything in it. Therefore, there is no water (or ice) to slow the ball down...
  9. The time and month/date/year are 12:34, 5/6/78.
  10. An umbrella.
  11. One. If he combines all of his haystacks, they all become one big stack.
  12. The temperature.



## Indian Textiles

### Rich, Resonant, Romantic

The beauty of Indian textiles lie in their tremendous adaptability. Years of tradition, experimentation and development have gone into making Indian textiles what they are today – fabrics that bring beauty to the wearer as well as to any interior.

The Indian craftsman is always experimenting with the freedom of his perspective within traditional techniques consequently what we have in the textile market today is a rich meld of old and new that vie with each other for a place in the sun.

Each State in India has its own showcase of textiles to offer the avid shopper. Cotton, silk, wool or brocade; geometric prints, traditional motifs or modern designs; bold, vibrant colours or soothing pastels; rough textures or smooth surfaces; intricate weaves or tribal patterns – India is home to all of them.

Block printing on all types of fabric is done in practically almost every Indian State. Handprinted textiles have a limitless range from wall hangings, curtains and bedspreads to mats, dresses and cushion covers. Rajasthan is considered the home of printed textiles. The tie and dye technique, also called *bandhini*, is represented superbly in this desert State as also in the neighbouring State of Gujarat. A variety of items from bed linen and bags to the famous *garcholas* of Saurashtra, Gujarat, are available that use the tie and dye technique. Gold embossed printing is also carried out in Rajasthan as also in the surrounding northern States.

Along India's western border in the States of Rajasthan, Gujarat and Maharashtra, are found the *amroo*, *himroo* and *saloo* – three magnificent brocade weaves. However it is the *tanchoi* that is the most revered Indian weave. "The *tanchoi* has extra weft floats that give the fabric an embroidered look. This type of brocade flourishes in Varanasi which also showcases the *baluchari* weave of Bengal – where plain, silk-woven fabric is brocaded with untwisted silk thread. Brocades essentially interweave silk and gold wires in a rich range of colours and patterns. Varanasi is also known for its *zari* or gold/silver work. However Surat in Gujarat remains the largest *zari* thread-making centre in India."

Talking of weaves and the magnificently woven *jamovar* comes to mind. This and the fine *shahtush* or ring shawls come from Kashmir. While on the subject of shawls – every State has its speciality. *Pashmina* and *raffal* shawls come from Kashmir, Punjab and Himachal Pradesh. These may be plain, bordered or patterned. Stripes and squares, animal motifs or symbolic designs are characteristic of the *Naga* shawl from the State of Nagaland.

India is home to a wide array of weaves: the *jamdanis* or embossed weaves, originally from East Bengal, are now showcased at Varanasi. No talk of Indian textiles is complete without mentioning the vast range of silks both in sari form or in material by the yard: the tissue-fine *chanderis* and earthy *maheswaris* from Madhya Pradesh, the *ikats* from Orissa, Gujarat and Andhra Pradesh, the *pochampallis*, *uppads* and *gadwals* from Andhra Pradesh, the *patolas* from Gujarat, the *panchipurams* from Kanchipuram in south India, the *muga* silks from Assam, the Poona and *paithani* saris from Maharashtra, the *tassar* silks from Bihar and many more.

Cotton, however, still remains the backbone of the Indian textile industry. It is today blended and used with other fibres to great advantage. Cotton when combined with wool makes for some spectacular shawls, blankets, carpets and wall hangings. Amongst the fine cottons it is the *mulmul* or muslin which put India on the world map as the front-runner of fine cotton.

Woven from hand-spun cotton yarn, *khadi* is a fabric that was popularised by Mahatma Gandhi. Ideal for Indian climatic conditions, today *khadi* can be bought as tapestry, furnishing fabric, dress material et al. Woollen *khadi* is spun into shawls, blankets and rugs. *Khadi* is also available in every colour making it a wonderfully versatile fabric.

Made from the finest cotton yarn is the Kota fabric, which comes from the town of Kota in Rajasthan. From the cities of Coimbatore and Madurai, come a range of handloom cottons available as thick tapestry, cotton saris and superfine materials. The *tangail* is a very fine cotton sari and is the pride of Bengal. The north eastern States also produce a range of cotton everyday-wear items like waistcoats.....

India has a rich heritage of embroidery work. Beads, mirrors, seeds and precious stones all go to embellish the embroidered fabric which is then made into items for everyday wear or use. From the wonderfully rich and colourful appliqué work of Pipli in the State of Orissa and the *kantha* embroidery executed by the women of Bengal to the appliqué embroidery in exquisite colours with mirror work from Gujarat – India has it all.

Indian textiles are embellished in other ways as well: *kadhari* work – thread embroidery – which may or may not be accompanied by gold or silver thread – is executed on various fabrics to make apparel or household linen; from Kashmir comes the crewel work which is used to wonderful effect in floor coverings called *namdas* or on furnishing fabric; the *kasuti* embroidery done in Maharashtra uses motifs that are derived from nature; *zari* embroidery is done on shawls, caftans and other ready-made garments.

Then of course there is the fine *phulkari* embroidery that comes from Jammu and Punjab where silk thread is embroidered in myriad colours using geometric patterns. *Chikan* embroidery work is a speciality in Lucknow. Read-to-wear items and linen showcase the most intricate *chikan* work. Mats, wall hangings, beach hats and bags are also embroidered in Manipur and in the other north eastern States... The list is endless.

It has not been easy preserving old traditions in a developing society where synthetics take precedence over handmade items. But the beauty of Indian textiles lie in their tremendous adaptability. Today India offers the world a range that has it all – a perfect blend of beauty and diversity.

Taken from Swagat Magazine, December 1999



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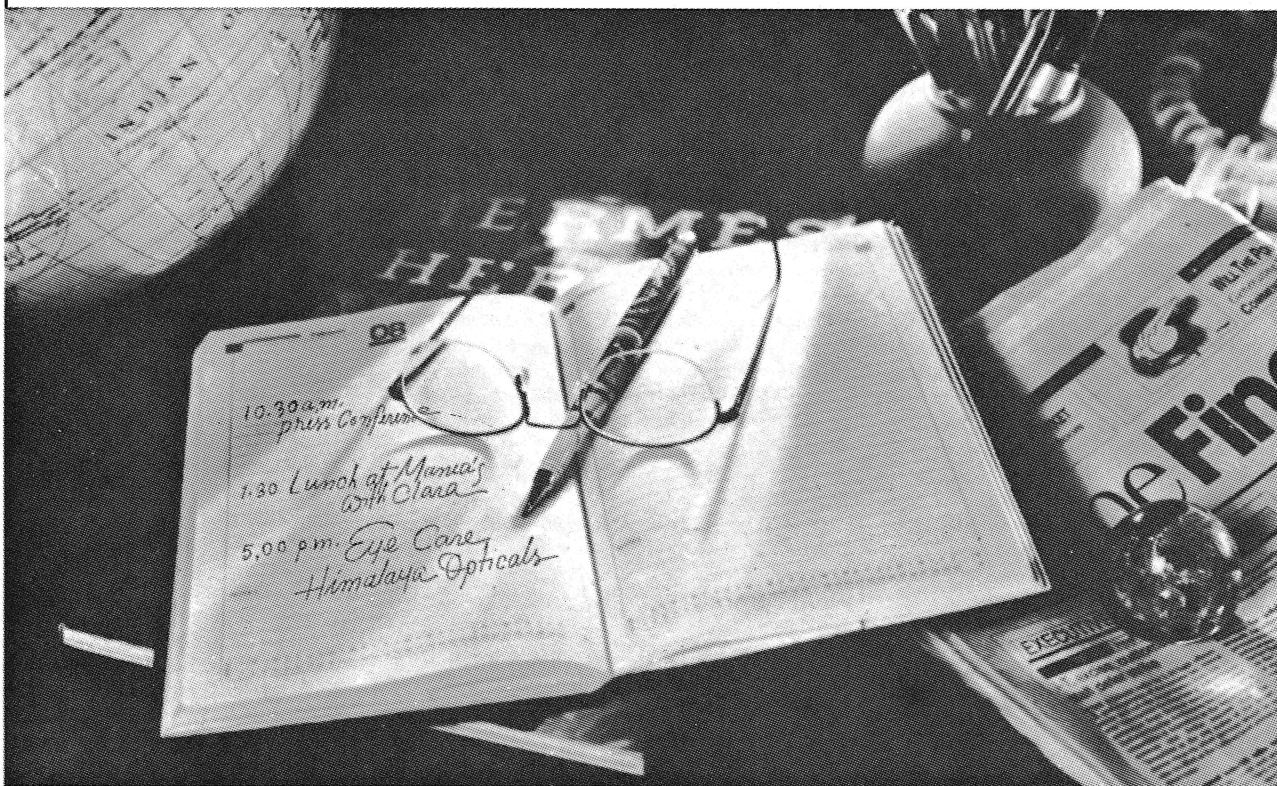
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Its amazing, you will understand the word on the second line by the end of the conversation..... Read aloud for best results (and some semblance of comprehension). "TENDJEWBERRYMUD" Be warned, you're going to find yourself talking "funny" for a while after reading this. This has been nominated for best email of 1999.

The following is a telephone exchange between a hotel guest and room-service, at a hotel in Asia which was recorded and published in the Far East Economic Review.....

Room Service (RS): "Morny. Ruin sorbees"

Guest (G): "Sorry, I thought I dialled room-service"

RS: "Rye..Ruin sorbees..morny! Djewish to odor sunteen??"

G: "Uh..yes..I'd like some bacon and eggs"

RS: "Ow July den?"

G: "What??"

RS: "Ow July den?...pry, boy, pooch?"

G: "Oh, the eggs! How do I like them? Sorry, scrambled please."

RS: "Ow July dee bayhcem...crease?"

G: "Crisp will be fine."

RS: "Hokay. An San tos?"

G: "What?"

RS: "San tos. July San tos?"

G: "I don't think so"

RS: "No? Judo one toes??"

G: "I feel really bad about this, but I don't know what 'judo one toes 'means."

RS: "Toes! toes!...why djew Don Juan toes? Ow bow singlish mopping we bother?"

G: "English muffin!! I've got it! You were saying 'Toast.' Fine. Yes, an English muffin will be fine."

RS: "We bother?"

G: "No..just put the bother on the side."

RS: "Wad?"

G: "I mean butter...just put it on the side."

RS: "Copy?"

G: "Sorry?"

RS: "Copy...tea...mill?"

G: "Yes. Coffee please, and that's all."

RS: "One Minnie. Ass ruin torino fee, strangle ache, crease baychem, tossy singlish mopping we bother honey sigh, and copy....rye??"

G: "Whatever you say"

RS: "Tendjewberrymud">

G: "You're welcome"



## CATS

"There is no snooze button on a cat who wants breakfast."

"Thousands of years ago, cats were worshipped as gods. Cats have never forgotten this."

"Cats are smarter than dogs. You can't get eight cats to pull a sled through snow."

"In a cat's eye, all things belong to cats."

"As every cat owner knows, nobody owns a cat."

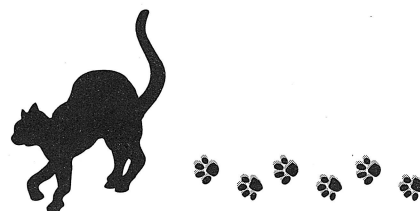
"One cat just leads to another." --Ernest Hemingway

"Dogs come when they're called; cats take a message and get back to you later."

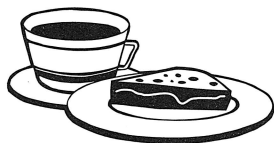
"Cats are rather delicate creatures and they are subject to a good many ailments, but I never heard of one who suffered from insomnia."

"People who hate cats, will come back as mice in their next life."

"Cats aren't clean, they're covered with cat spit."



# Something to do



## **Newcomers**

Every Tuesday, 10-12 am, in Boardroom 2 at the Hyatt, to the right of the Ballroom, for an informative get-together over coffee and cakes. Oldies are also welcome to share their experiences.

## **Navjyoti-Delhi**

### **Police Foundation**

Runs a school and nursery in a slum area at Yumuna Pushta. Two ex-pat nurses help out and they are looking for other volunteer nurses and health workers to give check-ups. Sunil Verma 98110 56000 has details.

## **DCWA**

Delhi Commonwealth Women's Association is an international group which runs various social events as well as a clinic for the poor. They are always looking for items for the pharmacy. Call Kathy Pritchard on 686-2245 for details

## **Glow**

The Global League of Women is an organisation which promotes international friendships and understanding of different cultures. Call Sasha Moss 680-1514 or Serita Kakar 461-9627 for details.

## **Delhi Christian**

### **Fellowship**

Every Sunday at 9 am there is a church service at the Hyatt Regency Hotel with a Sunday School for children during the service plus bible study and a youth group.

## **United Nations**

### **Women's Association**

Offers a varied programme of informative and social activities, and supports a kindergarten for underprivileged children. For details call Sherine on 696-0233 or Jill on 687-9685.



## **Tushita Meditation**

### **Centre**

Women's spiritual development group, which meets every Wednesday at 10.30 am. They organise healing workshops on yoga, Reiki, tai-chi, etc. Teaching by Buddhist lama. Call Renuka Singh on 651- 8248 for details.

## **Yoga**

- ◆ Experienced teacher who has been recommended by several expats, will come to your home. Call Raju on 617- 6290 between 12 and 3 pm.
- ◆ Yogesh Kumar, phone 623-3996.

## **Needlenuts**

Group meets Thursday 9.30-12.30 in different homes each week. Come and go as you please, work on what you like. Call Mavis Stupple on 680-1257.



## **Patchwork & Quilting Group**

Meets every Monday morning, 10 am to 12 mid-day. Beginners welcome! Contact Phil Thomas on 556-5569.

## **Patchwork & Quilting: A Complete Course**

For more information call Phil Thomas on 556-5569.



## **Babies and Toddlers**

To all Mums - feeling lonely, need a chat, or the kids are driving you up the wall? Call for social meetings for Mums and little kids, Ingrid Crookshanks on 98110 93622 or Manju Isaacs 649-1397.



## **Indian Cookery**

Amita Khosla will teach you how to produce authentic Indian meals using ingredients available in the West. Call 469-2544 mornings.

## **Mah-Jong and Canasta Classes**

Lessons with Risham Chawla, 2-4pm on Wednesdays at N-21 Panchshila Park. Costs Rs 250 per session for a four-session course. Proceeds go to charity. Call 649-7025.

## **Art Classes**

Gouranga Ghosh teaches drawing, water colour painting and other art techniques to individuals or groups in their homes. Call him on 463 5035 or 464-0310.



## **Adult Education**

**The American Embassy School offers evening courses beginning in August. Contact the school for current programme/fees. Tel: 611-7140 or 611-7146.**

**Spring session: Feb./March.  
Fall session: September.**



## **Hindi Lessons**

Chaya Bhattacharya is a qualified tutor and is also willing to teach on the Bhagvad Gita. Call 462- 4704.

## **French speaking**

Femmes Francophone de Delhi. All French speakers welcome (whatever your nationality, whatever your level). This group runs an extensive range of cultural events, tours, lectures and get-togethers. Call Catherine Walden on 680-2175 or 98100 74100.

## **German Conversation Group**

If you like speaking German, (any level) and want to keep up or deepen your knowledge, please join us. We meet every 2nd Monday at 3 pm. For information call Karin Weselscheid on 612-3405 or Brunhilde Gupta on 696-2708.

## **Spanish Lessons**

Instituto Hispania offers classes in Spanish language, following a communicative methodology derived as a result of extensive number of studies in the field of teaching Spanish as a foreign language. The teachers are Spanish nationals as well as postgraduates from leading Indian and Spanish universities. Y-10 Green Park, behind McDonalds, phone 696-8016, 8043



## **Piano Lessons**

American concert pianist Roberta Swedien has 28 years teaching experience and is giving lessons in her Defence Colony music studio. These lessons can include music history, theory, composition, form and analysis and performance as well as technique and repertoire. For intermediate and advanced students only. Call Roberta for details on 461-0918.

## **Scottish Country**

### **Dancing**

Thursdays 8pm in the British High Commission hall. Don't worry if you have two left feet! Contact Maureen Sachdev 463-3658 Ext. 207



## **Dance and Fitness Centre**

In a superb wooden-floored studio near Lodhi Gardens, 21/A Amrita Shergill Marg. Classes include stretch, body toning, modern dance, jazz dance, aerobics and personalised fitness. Call Anne Devayani 463-6772.



## **Silk Painting**

An introduction to silk painting. Learn the basic techniques using water based paint. Minimum time needed would be five mornings only. Instruction can be given in French, Dutch or English. If interested, please call Sylvie Kuenzi, phone 463-3644.



**TINA GARG**

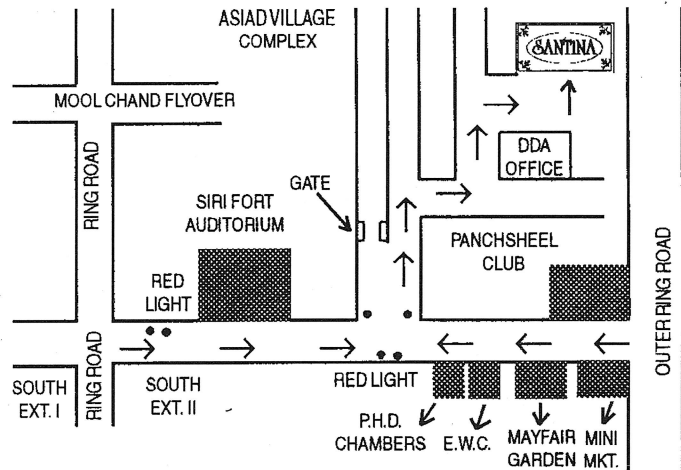
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### THE MONTH AFTER CHRISTMAS

Twass the month after Christmas, and all through the house  
Nothing would fit me, not even a blouse.

The cookies I'd nibbled, the eggnog I'd taste  
At the holiday parties had gone to my waist.

When I got on the scales there arose such a number!  
When I walked to the store (less a walk than a lumber).

I'd remember the marvellous meals I'd prepared;  
The gravies and sauces and beef nicely rared,

The wine and the rum balls, the bread and the cheese  
And the way I'd never said, "No thank you, please."

As I dressed myself in my husband's old shirt  
And prepared once again to do battle with dirt---

I said to myself, as I only can  
"You can't spend a winter disguised as a man!"

So--away with the last of the sour cream dip,  
Get rid of the fruit cake, every cracker and chip

Every last bit of food that I like must be banished  
"Till all the additional ounces have vanished.

I won't have a cookie--not even a lick.  
I'll want only to chew on a long celery stick.

I won't have hot biscuits, or corn bread, or pie,  
I'll munch on a carrot and quietly cry.

I'm hungry, I'm lonesome, and life is a bore---  
But isn't that what January is for?

Unable to giggle, no longer a riot.  
Happy New Year to all and to all a good diet!

#### ANSWER TO JACKIE'S QUIZ FROM PAGE 14

When the axe is in the ice its weight determines how deep the block of ice will be in the water. The greater the weight, the deeper the ice, and the higher the water level. Once the ice has melted the axe sinks to the bottom. Now only the volume of the axe matters: it takes up some space in the tub but its impact on the volume of water is much less than when it pushed down on the block of ice (a  $\text{cm}^3$  of axe is much heavier than a  $\text{cm}^3$  of water). Therefore the water level will go down. (Whether the ice has completely melted or not makes no difference for the water level.) So answer C is correct.





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# RECIPES FROM AN INDIAN KITCHEN

## PANEER TIKKA

### Ingredients:

Paneer - 250 gms  
Thick Curd - 1/2 cup (tied in cloth for 2 hours)  
Ginger - 1" (grated)  
Garlic - 1/2 (crushed)  
Red Chilli Powder - 1 tsp  
Tandoori Masala - 1/2 tsp  
Butter - 1 tbsp

Chaat Masala - 1/2 tsp  
Sugar - 1/2 tsp  
Cumin Seeds - 1/2 tsp (crushed)  
Capsicum, Onion, Tomato, Carrot julienne - 1 tbsp each (long thin strips)  
Coriander - 1/2 tbsp (finely chopped)  
Salt - 1/2 tsp

### Method:

Cut paneer into 1/2" horizontal slabs.

Mix the red chilli, salt, sugar, cumin, tandoori masala, half the ginger-garlic and chopped coriander in the curd. Mix well.

Brush the slabs of paneer liberally with this dip on both sides and edges. Marinate for 30 minutes.

Place in refrigerator till required. Before serving, heat a non-stick pan. Add butter and place slices to sizzle till light brown. Flip and repeat for other side. Cut into bite size square and arrange in serving dish. Add remaining butter to pan, heat. Add rest of the ginger-garlic, julienne vegetables, chaat masala and salt to taste. Pour over the tikka paneer.

Serve hot with tiny fruit forks and sauce.

Making time: Curd - 2 hours, Marination - 30 minutes, Remaining - 30 minutes.

Serves: 6

**MOGHLAI CHICKEN** - A delicious chicken dish made of chicken chunks cooked in a thick gravy with potatoes.

### Ingredients:

Chicken 1 large  
Garlic, flakes 6 nos.  
Cloves 4 nos.  
Cinnamon 1 piece  
Goa red chillies 8 nos.  
Onions 4 nos.  
Ginger 1 piece

Cardamoms 4 nos.  
Cumin seeds 1 tsp.  
Saffron 1/2 tsp.  
Hot water 6 cups  
Lemon juice 1 tsp.  
Oil 1/2 cup  
Salt As required

### Method:

1. Cut the chicken into pieces, wash, apply salt and keep aside.
2. Chop the onions finely and grind all the masala to a fine paste.
3. Heat oil and fry the onions, then add the ground masala and fry over low heat till the oil separates.
4. Add the chicken pieces and fry for a while until the chicken is well mixed with the masala.
5. Add 6 cups of hot water and let it simmer until the chicken is tender, then add the saffron soaked in lemon juice.
6. Simmer for a few more minutes and serve hot garnished with fried potatoes, green peas and hard boiled eggs.



# SPORTS



## Delhi Hash House Harriers

Regular runs on Monday evenings and Saturday afternoons. Family runs on some Sundays. Call the Community Liaison Officer (CLO) at the British High Commission on 687 -2161



## Ballooning

Ballooning Club of India, 8B Bahadur Shah Zafar Marg, 331-7977.



## Bowling

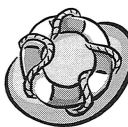
Facilities at Qutab Hotel, Little Paradise (12/7 Mathura Road, Faridabad), Bawa Sports Complex (Kishangarh, Mehrauli), Leisure Bowl (Aruna Asaf Ali Marg, Vasant Kunj); and First Bowl at 32<sup>nd</sup> Milestone Complex (Delhi-Jaipur Bypass, Gurgaon).

**Delhi Tourism (3314229) provides facilities for:**



## Cycle Tours

Amar Jeet Singh 336-5358, 336-3607  
Adventure Tourism



## Pedal Boating

Old Fort moat, India Gate moat 9 am to 6 pm. Rs. 40 per half-hour.



## Rock Climbing

At the Adventure Park, Lado Sarai natural rocks. 9 am to 1 pm, September to December. Rs. 55 per head per day. Rock climbing can also be done at Indian Mountaineering Foundation (IMF), Anand Niketan which has 3 artificial walls built to international specifications.

Rates: Casual, Rs. 100 per day (including equipment and instruction). Annual, Rs. 300 plus Rs. 30 per month (including equipment and instruction).



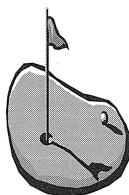
## Football

Various embassies have joined together to form a soccer competition. Contact your Embassies for details.



## Gliding

Daily rides from 1 pm til sunset every day except Wednesdays. At Delhi Gliding Club, Safdarjung Airport (phone 463-8052). Cost of flight per person Rs.75.



## Golf

Delhi Golf Club  
Dr Zakir Hussain Marg, tel. 436-2768 or 436-2235  
The Meadows Golf Course, located on Sohna Road, near Gurgaon. , Tel: 687-2274



## Polo

Army Polo & Riding Club, Tel: 569-9444/555  
The Indian Polo Association,  
Tel: 301-5604  
Polo Season: October-February

## Tennis



Delhi Lawn Tennis Association, Jawaharlal Tennis Stadium, Tel: 462-9400

Also:

Ladies Open tennis meets Tuesdays and Thursdays from 8.30-11.30 at the American Embassy School courts. Call Ruth on 463-6594 for details.



## Sailing

Defence Services Sailing Club,  
Tel: 301-9604



## Shooting

Dr Karni Singh Shooting Range,  
Surajkund Road, Tel: 698-6802

Help us keep the Newsletter up to date. Let us know if you discover any new activities to add or items to change if they are out of date. Drop your comments off at the Delhi Network Office or call one of the Editors.

# SERVICES

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## ENGLISH/SPANISH/ENGLISH TRANSLATOR

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## FOOD AND DRINK

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## MASSEUSE

**Laxmi** has been massaging diplomats and expatriate couples in their homes for some years. Call 647-0609.

## PET CLINIC

12 Noon -2pm, 2nd Sunday of every month. Local veterinarians are available for check-ups and vaccinations at the Servants Registry at the American Embassy Compound, Gate D. Open to all expats in Delhi. Contact **Mary Oliver/Cheryl McCarthy** on 419-8000 ext. 8356 during working hours. Some pet items are available.



## SERVANTS REGISTRY

Located in the American Embassy compound, Gate D. It is a source in New Delhi to help find household staff, which has experience in foreign households; open to those holding a foreign passport. You can come by:

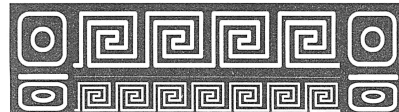
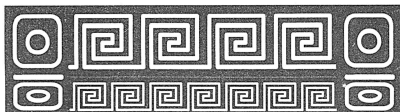
- for interviews : Wednesday and Friday 9.30 to 12.00 noon (last interview at 11.45 am)
- for registration : Thursday 9.30 to 12.00 noon (last documents accepted at 10.30 am).

Call for further details or with questions on 419-8000, ext. 4131. If you are leaving and need help writing a reference letter, come by and see us too. We're also looking for expat volunteers to staff the Registry who have had experience with staff themselves and can give good advice.



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Indian Mythology is one of the richest elements of Indian Culture, which enriches it further and makes it a unique one in the world. Through generations, different stories in Indian mythology have been passed from generation to generation either by word of mouth or through carefully stored scriptures.

This page will endeavour to bring forth the different elements of Indian mythology by a myriad of articles and stories, which not only make educational reading but also make a good source of recreational reading. These stories, which form the backbone of Indian mythology, are a great medium for people especially parents to inculcate interest in Indian culture in the younger generation and to impart values of Indian culture to them. The interesting aspect of the stories in Indian Mythology is that they are usually meant to convey subtle facts, rules and maxims to guide our daily lives. Who doesn't enjoy a well-written story? A key point to note is that there are usually multiple stories explaining the same fact or occasion or festival. So each version is right in its own merit. This is a result of the natural evolution the stories might have gone in the process of being handed over from generation to generation for centuries.

## The Story of Ganesh

As an apt choice the story of Lord Ganesha as the first story. Indian mythological sources stress the need for recitation of the name of Lord Ganesha before starting any work. The relevance of this becomes clear as the story of Lord Ganesh unfolds in the following paragraphs.

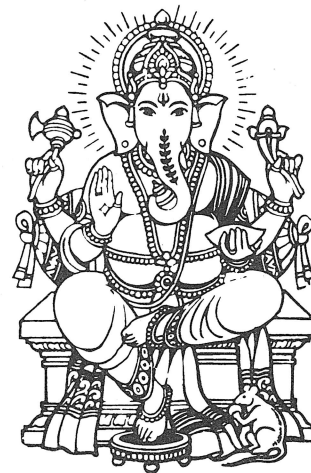
Lord Ganesh is the virtual son of Lord Shiva and goddess Parvathi. The story of creation of Ganesh is a very fascinating one.

A long, long time ago when Lord Shiva, was away fighting for the gods, the lady of the house, goddess Parvathi was alone at home. On one occasion, she needed someone to guard the house when she was going for a bath. Unable to think of an alternative, she used her powers to create a son, Ganesh. She instructed Ganesh to keep strict vigil on the entrance to the house and not to allow anyone into the house. Ganesh agreed and stayed on the strictest of strict vigils.

In the meantime Lord Shiva returned happy after a glorious victory for the gods, only to be stopped at the entrance by Ganesh. Ganesh, acting on Parvathi's orders verbatim, did not allow Shiva to enter the house. Lord Shiva was enraged beyond control and in a fit of rage slashed the head of Ganesh. In the meantime Parvathi came out from her bath and was aghast at the scene. She was very, very angry at her lordship for what had happened and explained the situation to him.

Lord Shiva wanted to make it up to Parvathi very badly and agreed to put life back into Ganesha by putting the head of the first sleeping living creature that came in sight which was sleeping with its head to the north. He sent his soldiers to go in search of the creature. The first creature which came in sight was an elephant. So Lord Shiva re-created his son with the head of the elephant. Hence the trunk of Lord Ganesha.

Parvathi was still not totally happy with the deal and wanted more. Then Shiva granted Ganesha a boon that before beginning of any undertaking or task people would worship Lord Ganesh. Thus the reason for the worship of Ganesha before the start of any work.



## INDIAN BLURBS FROM BUZZ BURZA

### Salaam Sahib

"Salaam Sahib" was how Zaffier greeted me with the first of countless *pucca* meals when I arrived in Gwalior as a callow Peace Corps volunteer in Diwali 1965. I, a nominal Christian from Wisconsin, would share a house and chef Zaffier, with another Peace Corps wallah, a Jewish lad from Chicago. With Zaffier's culinary wizardry leading the way, we celebrated all holidays – civic holidays be they South Asian or North American; religious fetes of all hues, Hindu, Islamic, Jewish and/or Christian.

Although he kept mum about his age, our cook was no spring chicken. But from his tales of Bombay during the 1920's we knew him to be in his fifties. For many years he had cooked only for foreigners and had developed an amazing repertoire of Western dishes. He knew the basics of arranging victuals on a plate so as to present a dazzling array of the most mundane of *khanas*. Month in and month out, *desi* or *bideshi*, we feasted on Zaffie's splendid grub. Unconsciously we became inured to the blessed chilli that imparts such grandeur to south Asian cooking. The supreme compliment came from a Gwalior native who could not eat his food as he found it too spicy. We knew we had indeed arrived.

As my Peace Corps service drew to a close, Zaffier made it clear that he was opting out of cooking. India was turning 20 and the number of foreign households was vastly diminished. Besides, the all-important son had been born recently and he wanted a job that would be a more meaningful legacy. He wisely chose to develop a bread

route. When I sadly left Gwalior, I gifted him my trusty green Raleigh bicycle to help launch his new venture.

Two score years after leaving the Peace Corps, I returned to Gwalior and spent four months with Zaffier as a paying guest. His bread scheme had succeeded. The rusty, retired Raleigh stood in a storeroom as son Said travelled by Bajaj. Additional salesmen serviced expanded routes that now included fancy cakes and eggs. In the three *pucca* rooms there was the television and refrigerator and there were proper *punkahs* overhead. Zaffier had retired long since and spent his days tending his "store" atop a four-wheeled cart that he would push out to the main road.

He dispensed penny candy and biscuits along with unending dollops of his marvellous yarns. This twilight business was a forum for him rather than a living and it suited him well. He cooked little but occasionally there were meals which hinted at past pizzazz. On meeting me it remained the respectful *salaam sahib*.

In subsequent years I returned to Gwalior but stayed in different quarters and saw little of Zaffier. I made it a point to see him on my last day in the city. I told him I had got engaged and was shifting to Delhi. He wished me luck and I promised to keep in touch. After my marriage I was in Gwalior occasionally but never found the time to see him. Last month I was there for the day and purposefully set out to visit my friends. I ran into Said on the street who told me that his father had died six days before. *Salaam Sahib*.

*Published in The Times of India 13/4/1995*

### BOOKS TO CONSIDER – Reviews from First City January '00

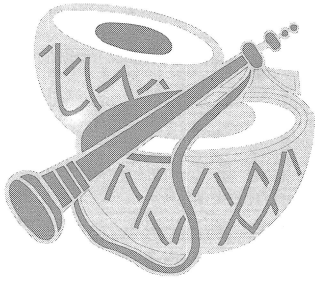
#### **The Collected Novels by Khushwant Singh**, Penguin, Rs.395

This omnibus brings together three of his novels written over four decades. *Train to Pakistan*, his first novel, is a powerful and moving account of the tragedy of Partition, set in a small Indian frontier village. *I Shall Not Hear the Nightingale* deals with the conflict in a prosperous Sikh family living in Punjab in the mid-forties. The best-selling *Delhi*, a vast, erotic, irreverent magnum opus centred on the Indian capital, is the third book in this anthology.

#### **Wild Tigers of Ranthambhore by Valmik Thapar and Fateh Singh Rathore**, Oxford University Press, Rs.1500

Authored by one of the world's foremost authorities on the tiger, the book is both a celebration and warning. Over 25 years of work with the tigers of Ranthambhore, the authors have observed the magnificent animal growing in numbers and gradually losing its fear of man. From being a shadowy, elusive, nocturnal animal, it began inching into daylight. But, the authors warn, despite all the progress that has been made, new threats have now begun to force the tiger back into the night. The authors eloquently and passionately argue for new and more radical initiatives to protect the animal, and, by extension, wilderness itself. The book documents nearly 25 years of tiger-watching from the seventies to the present day. It is powerfully illustrated with 147 full colour photographs and is a powerful visual paean to a glorious animal. The authors have tried to provide a visual insight into the tiger's reaction and response to the wildlife around it – how the tiger looks at, and lives in, a very special and magical environment. The book contains photographs and commentary on almost every aspect of the tiger's life, from mating, feeding, and hunting to rearing cubs and reacting to humans. This is a book for all animal lovers.





# INDIAN CRAFTS

## MUSICAL INSTRUMENTS

*Sound of vernal showers,  
On the twinkling grass  
Rain-awaken'd flowers -  
All that ever was  
Joyous and clear and fresh – thy music doth surpass.*  
Percy Bysshe Shelley

When Shiva thundered on his damaru, the world was created...so says mythology. True or not, it is a pointer to the elevated status of music and the power of its instruments, in our heritage. Saraswati, the goddess of learning and the arts, holds a veena, Krishna, plays the flute, and Vishnu the conch.

The earliest history has evidence of musical instruments. Excavations in Harappa (circa 3000 BC) have unearthed terracotta rattles and bird whistles. Seals and hieroglyphs of that era show bow-shaped lyres and harps. This has in fact led to a theory that stringed instruments were probably inspired by the hunter or warrior's bow. "Rama has never battled with me; he knows not my prowess; when I shall play the veena of my bow with the plectrum of my arrow...neither Indra, Varuna, Yama nor Kubera can face the rain of my arrows," goes a passage in the Ramayana.

In the Aryan age, references to instruments abound. There was the bhoomi dundubhi – a large drum improvised by stretching hide over hollowed ground. The shatatantri veena was a hundred-stringed instrument, similar to the modern santoor. The venu, toonava and nadi were flutes. Ancient Dravidian society had the yaazh (another bow-shaped harp), a flue called Kuzhal and the maddalam drum.

These were the first instruments. As more developed, Bharata Muni classified them into four categories, as early as around the 1<sup>st</sup> century BC. They are: tata vadya, 'stretched' or string instruments; avanaddha vadya, 'covered', such as drums; sushira vadya, 'hollow', wind instruments; and ghana vadya, 'solid', cymbals, etc. It took some 2000 years more for the West to come up with identical classifications – chordophones (strings), membranophones (drums), aerophones (winds) and idiophones (solids).

Inevitably, the coming of the Muslims affected tradition. The sarangi, sarod and shehnai are believed to be Central Asian imports. Under the impact of Turkish and Persian influences, two distinct musical strains emerged – Hindustani of northern India and Carnatic of the south. The foundation remained the same but the style altered, and along with it structural developments occurred in instruments too.

Western culture brought with it the violin and harmonium. The latter usually has the role of accompaniment, and was derisively labelled by Tagore as "the bane of Indian music"! The violin was better assimilated into Indian classical music. There is an opinion that the Western violin in fact had its origin in the ravana hasta veena, an instrument still played in villages in northwest India.

Around the main instruments, the ones used in Hindustani and Carnatic classical concerts, was a mushrooming of folk variations. Ektara, tuntuna, villukattu, dhol, dholak, duff, pambai, shing, shankha, kartali, kanshar...these are just a drop in the ocean. Every region developed its own, and are still used as vibrant accompaniments to folk songs, dances and theatre, and at festivals.

The sitar has the reputation of being one of the easiest instruments to play, but the most difficult to master! Both in sound and structure, it is lighter, less solemn, than the veena. The round base is hollowed gourd, quartered near the core. The stem is of seasoned, resonant toonwood, about 3 feet long. Both have a thin wooden cover. There are 20 metal frets held in place by brass springs, and can be moved around for sound adjustments. Seven metal strings are attached to tuning pegs, and up to 15 additional ones run parallel to the main ones, below the frets. These are called sympathetic strings, or taraf. They are tuned according to requirements of each raga. Two wire plectrums are worn on the right fingers – the mizraf for the main music, and nakhi to produce the lively, rhythmic jhala. The wooden body is embellished with ivory, or these days with plastic.

The Indian drum best known to the world is perhaps the tabla. Or more accurately, tabla-banya, the pair. The shapes have been very aptly compared to those of a coffee-cup and tea-cup. The tabla is kept on the right, and is made of hollowed wood. The banya is played by the left hand and is made of clay or metal. Both are covered on top with layered skin, pulled taut by circles of braided thongs. From these, straps run tightly down the sides. Both have permanent black circles in the centre called Syahi, iron or manganese filings mixed with flour and ghee. This sort of loading is typically Indian – an ingenious way to tone down sound, making it more musical and tunable. There are again the small wooden cylinders for tuning. The edge of the faces are tapped around with a small hammer for the right pitch. Fingers, palms and wrists play on the leather to create an incredible variety of sounds. The tabla is tuned one octave higher than the banya.

*Taken from The Tulika Diary of Indian Crafts Celebrate India 1999*

**The deadline for the February Newsletter is Thursday, February 3**

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